

# ♥ Sweetening Options ♥

*There are no hard and fast rules in the kitchen. The suggested measurements are general guidelines. You may want to adjust quantities to fit your style and taste. More tips and ideas on the back.*

## ♥ Agave Nectar ♦

Use  $\frac{3}{4}$  cup for 1 cup sugar  
Flavors and colors vary

## ♥ Barley Malt Concentrate (powder)

Use  $\frac{1}{2}$  cup for 1 cup sugar

## ♥ Barley Malt Syrup

Use  $\frac{1}{2}$  for 1 cup sugar

## ♥ Beet Sugar

Use 1 cup for 1 cup sugar

## ♥ Brown Rice Syrup ♦

Use  $\frac{1}{2}$  cup for 1 cup sugar

## ♥ Cane Sugars

All forms are 1 cup to 1 cup  
A great variety, from nutrient dense organic whole cane sugar to organic powdered sugar

## ♥ Coconut Crystals ♦

Use 1 cup for 1 cup sugar

## ♥ Date Sugar

Use 1 cup for 1 cup sugar

## ♥ Erythritol (sugar alcohol) ♣/♠

Use 1 cup for 1 cup sugar

## ♥ Fructose (corn) ♦

Use slightly less than 1 cup for 1 cup sugar

## ♥ Fruits, Juices, & Concentrates

Details on back

## ♥ Glycerin ♠

Use  $\frac{1}{4}$  to  $\frac{1}{2}$  cup for 1 cup sugar  
Do not heat, loses sweetness

## ♥ Honey

Use  $\frac{1}{2}$  cup for 1 cup sugar in uncooked recipes. In baked goods, honey acts as a preservative. Local raw honey is the best choice for pollen allergy sufferers. There are many varieties and flavors from mild to pungent.

## ♥ Maple Sugar

Use  $\frac{1}{2}$  cup for 1 cup sugar

## ♥ Maple Syrup

Use  $\frac{1}{2}$  cup for 1 cup sugar

## ♥ Molasses (unsulfured)

### Sugar Cane – Blackstrap

Higher in minerals, slightly bitter

### Sugar Cane – Barbados

### Sorghum Cane

Use  $\frac{1}{4}$  to  $\frac{1}{2}$  cup for 1 cup sugar

## ♥ Stevia Herb ♠

200 to 300 times sweeter than sugar, stevia is ideal for sweetening at the table. Fresh and dried leaves contain the highest nutrient value. Stevia is also available as an unrefined dark liquid concentrate, a clear refined liquid, & a refined white powder.

## ♥ Xylitol, Corn or Birch ♣/♠

Use 1 cup for 1 cup sugar

♦ *May be tolerated by diabetics.*

Please check with your physician.

♣ *May be tolerated by diabetics.*

Indigestible, may cause bowel stress.

Please check with your physician.

♠ *Generally tolerated by diabetics.*

Does not promote growth of bacteria, viruses, yeasts/fungi, parasites or tumors.



# Sweetening Options



*Foods with the least amount of processing have more fiber and offer the greatest nutritional value. These natural attributes assist the body's efforts to keep the blood sugar balanced and result in consistent physical energy and emotional well being.*

## ♥ Fresh and dried fruit, purees, butters, juices, and concentrates

Fresh bananas, mashed or pureed – Use 2 bananas for 1 cup sugar

Fruit juice concentrate (apple) – Use ½ cup for 1 cup sugar

Dried fruit, soaked and blended – Use ¼ cup for 1 cup sugar

For example, a unique raisin juice can be made by blending soaked raisins with their soaking liquid, a little salt, vanilla, and orange rind.

### Sweetness of Fresh Fruits

*(Percentage when compared to bananas)*

Bananas	100%	Apricots	44%
Grapes	100%	Blackberries	38%
Mangoes	94%	Strawberries	38%
Nectarines	75%	Raspberries	38%
Cherries	75%	Grapefruit	31%
Apples	75%	Cantaloupe	31%
Pineapple	75%	Watermelon	31%
Pears	69%	Honeydew	31%
Peaches	56%	Lemons	19%
Oranges	56%	Rhubarb	6%
Tangerines	50%		

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**Flavor:** Refining removes flavor. Unrefined sweeteners offer a great variety of flavors and aromas. Buckwheat honey, barley malt, and unsulfured molasses have strong flavors.

**Dry measure to liquid:** Baking - for 1 cup sugar, use ¾ cup sweetener and decrease other liquid by ¼ cup (if there is no other liquid in the recipe, add ¼ cup flour or the equivalent for each ¾ cup liquid sweetener).

**Tip:** Sweeteners can be mixed to vary flavor and sweetness. For example, blending barley malt syrup and honey is a good way to lighten the malt flavor and reduce the sweetness of honey. Another good idea is to add 1 to 2 drops stevia to glycerin or grain syrups to intensify the sweetness.

**FYI:** White, Brown, Turbinado and "Raw" Sugars are VERY refined. ALL artificial sweeteners are combinations of chemicals and are extremely acid forming.

The above chart is reprinted from "Companion Guide to Healthy Cooking", Natalie & Shirley Nigro. Other references include "Beating Cancer With Nutrition", Patrick Quillin, PHD, RD, CNS; "Prescription For Dietary Wellness", Phyllis A. Balch, CNC and James F. Balch, MD; and suggestions from our "Sonnewald Team".